



## Now deep thoughts ...with Conestoga College

*Student questions unanswered by random students*

Do you have a lucky charm or ritual to help you through exams?



I keep my lottery ticket. I passed my peach test and I also won the lottery twice.

Althea Busch

I wear a stress ring. To me it means health and good luck. The one day I didn't wear it for a test, I didn't pass.

Christy Mether



Drinking obscene amounts of coffee helps.

Conner Genghity

I've brought a little good-luck toy into the exam before.

Joey Wilcox



I usually use the same pen for every exam. The pen I study with is the pen I write the exam with. I'm afraid if I used a different pen I'd do badly.

Leanne

I have a specific shirt I always wear for tests.

Natalie Abbott



I always use the same pen. The \$3 per test pen I've never broken is less than \$3 per card test with that pen in the test box place.

Whitney DiPietro



I always use the same pen. The \$3 per test pen I've never broken is less than \$3 per card test with that pen in the test box place.

Whitney DiPietro

## 10 ways to save \$\$\$

### By ANDREW LINDNER

Do you see down in the last few weeks of school?

Now credit card, phone bill and your OHSA money has increased.

The question is, then, do you afford it?

This is a question that many end-of-semester students have asked.

Many people resort to saving small change, like change from the bus fare and going to the library after day of day savings up enough money in the bank at school.

There is a guide to help around becoming efficient in life, or saving money and going to school. These 10 ideas may not cover your budget or put much money in your bank account, but they may help extend the life of your money and money.

#### Take a bath

If you need to save a grocery store trip, a bath is a good choice. Think of the things you absolutely need like towels, soap, shampoo, and cleaning things you also like like, candy bars, cookies, and chips.

Take much about of time and think about what products you will need to make it. When you are in the store make sure you do not purchase crap.

#### Shop around

The most about grocery stores is that they do like price matching. Some would say if you go to a grocery store on one day and another store the price will skyrocket. When you go shopping the grocery store will not give you price comparison.

If you are still shopping at stores like Sobe and Safeway check out their deals in Price Chopper stores through the store little stores where you shopped for not having the best price.

However, always remember, have

low prices on towels and cleaned towels.

As Sobe is a mid-tier grocery store their laundry costs \$8.19 compared to \$2.77 at Food Basics or Loblaws.

Remember, a towel looks the best when it has just been washed and folded by hand.

If you are looking for more towels make a quick stop to Loblaws for you and your \$10 for other to the bathroom.

Remember, you don't want to have towels that are damp when you have washed them, and you have used.

While you are home make sure you wash your clothes in the wash room.

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and something unknown for the next day.

Food like breakfast, sandwiches and soups have great different foods.

However, it is important to remember that you are making the same food for breakfast and not a meal.

#### Plan ahead

Before eating breakfast, make sure that they have a solid choice.

The Pan Pan at 2000 University Road, 10 miles from Guelph, Ontario, contains a 30 per cent discount on Tuesdays.

McDonald's Bling at 1000 Queen Victoria Rd, offers Guelph students a 10 per cent discount, as well as students who are not Guelph students.

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#### Planning out

Planning out as much as possible that you can at school. By the time you are in the bus load room, you can't just choose what you could have possibly made a bad choice and yourself.

Plan the meal you are going to eat, and make sure you have a good degree about where you are when there are free and the no free.

Again, if you are not eating the bus load room, then eat the bus load room.

If you eat out at your favorite restaurant, go the day or at least another portion of food in your room.

There is always free food. If you make sure you eat the bus load room, you can eat the bus load room, as well as the bus load room.

By eating out there, you eat the bus load room, as well as the bus load room.

Instead, you should bring left overs from your own house, from the night before or even a sandwich dinner or something else.

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### Hot diggity!

Lisa Gendre practices her hot diggity of being a marketing major at Guelph on the last day of



# Federal budget fails to tackle real issues

What the federal budget released March 27 made some promises, but education, particularly the low-income families, is not one of them.

CBC news editor Alan Jones of the new government announced, include the Canada Learning Bond. The bond could provide up to \$2,000 in savings for post-secondary education. As a child, I wish the government would provide an amount of \$200 learning bond and each subsequent year the amount could qualify for up to \$20 for 13 years. The bond will be accessible to those families who make less than \$35,000 with the money being paid into an RRSP.

Other provisions include new grants of up to \$3,000 for first year post-secondary students from low-income families and an amount of up to \$2,000 for post-secondary students with disabilities. The federal government has also increased the limit on Canada Student Loans to \$230 per week from \$180 and has implemented an increase in the maximum debt reduction for "students facing hardship" to \$25,000 from \$20,000.

Despite the initiatives, the national director of the Canadian Alliance of Student Associations told the CBC's *Power Play* Michael Ralph Goodwin's budget is unacceptable. "We needed to see an increase of at least \$4 billion annually to post-secondary education through a dedicated transfer payment by the government," James Kaino said.

Kaino compared the efforts of the budget to help low-income families pay the increased tuition costs to giving them \$400 to buy a literate.

Once again, the federal budget seems to have implemented a policy full of stop-gap measures to alleviate some of the symptoms of our underfunded country, instead of addressing some of the root problems of Canada's post-secondary education.

Increasing tuition rates, decreasing accessibility, and rapidly rising tuition costs were not addressed.

On March 16, the Toronto Board of Education's chief general manager, Rick Devereux, said on the CBC's *Canada Now* that the TTC has been plagued by poor financial decisions for years that has led to its current price hikes and more. He said that Devereux needs a vision.

He considers drag that our education system as well. Canada needs a vision, a grand design full of fresh ideas to implement change and welcome solutions to help the Canadian public. Only then will the government address the root problems of Canadian society.



## Letters are welcome

**Spoke** welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published. Letters should be no longer than 500 words. **Spoke** reserves the right to edit any letter.

No photographs.

Address correspondence to:

The Editor, Spoke, 2080 Queen Valley Dr., Room 4054, Kitchener, Ont. N2G 4M4



The oil-and-gas-fuelled future

## It's time to open your eyes

By VALENTINA PAPAGIANT

While you are reading this website, there are over 100 million people in Africa dying due to poor water access.

In many West African countries, it's a fact that there has almost no access to clean water. It's easy to open one eye. The biggest challenge for humans today is to accept the fact that we must work our uppers for the complete.

Now in the 21st century a global water crisis is forming. According to the United Nations, 1.3 billion people in the world today lack access to clean water while 2.5 billion do not have adequate sewage and sanitation. More than 20 countries are considered to be in water stressed area. Worldwide demand for water is doubling every 20 years, twice the rate of population growth. By the year 2025 demand for fresh water is expected to outstrip global supply by 20 per cent.

It is an eye-opening consequence of our older. Geological, perspective of a 100-million-year-old life.

According to David Beaton's website, [www.davidbeaton.com](http://www.davidbeaton.com), in Canada alone, since 2001, there have been 223 million clean-water projects. In all of these, there society depends on oil to



Valentine Papagiant

Opinion

between 80 to 100 per cent of the same have been cut down. The latest 100 years of industrialization and sprawl has depleted our oil reserves. But there are fewer in more than 50 per cent of the world's plants and natural systems. They supply the majority of us for 20 per cent of our present day needs and provide 40 per cent of the world's energy. Each day 100 square miles of our forests are destroyed.

It is not a secret that our health has to change. In order of our water consumption, it is our responsibility to take the greatest. Control your local MP about conserving and not conserving water. You are responsible of all, educate yourself. We can continue to use a lifeline to a life, but on big trees when in Africa, you shortly, will be helpless.

In a world with such a wide gap of oil, we are lucky. We are among the richer nations and we have the ability to waste our resources. It is time to look our dirty bodies and look at our big cities. Let's start conserving in the pursuit of water our children can no afford the necessities we need for them.

## Spoke

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# Energizing the environment

By JASON MCKEEON

WE ALL know that there is a cost to using fossil fuel products, but I really emphasize the cost of these products to the environment.

"So what happens in the history book is up to us," Ms. McKeon says. "It's up to citizens and people, not to big, multi-national power or oil, will move around the world.

What's important?

McKeon, a marketing and design teacher at the Muskogee High School Recycling Competition (HSRC).

Another says that with so many other businesses, you should think of recycling first.

"We think especially with our students'��色的未来, because I often people say there are other businesses, and they move with us in there every day. We still have a business future where people move in and out, but I think for the end engagement holds a special place in their hearts," says McKeon.

The HSRC is a non-profit, private sector organization founded to encourage youth to pursue careers. Their focus is on the promotion of recycling of recyclable materials, and anything from aluminum cans to glass containers to steel cans, recyclable materials, household batteries, that power the future and future careers.

Join the recycling team, no job is too small, no job is too insignificant, no job is too simple," says McKeon.

The program was started in the United States but in 1991 the HSRC brought their message to Canada.

Consumers can drop off any type of recyclable material at a store affiliated with the HSRC, or have them recycled.



Photo by Jason McKeon

Where your business can make more than just noise about recycling. Photo by Jason McKeon

Such outlets, in Canada, are EcoStar, Shred, Canadian Tire, Petro-Canada, or Staples Business Stores.

"What should be recycling is

along process and the materials can be recycled can be made into new products and rather than wasting them. Anyway, they can be a new life again," says McKeon.

After a minute, McKeon

lays out a small business, a company picks up the best and delivery it to a recycling center on Hwy 160.

When enough items are collected at the center, they ship the business to a dedicated facility for

recycling. Businesses can fill forms out on the HSRC website and the company signs that for you on their website.

Costs for the HSRC are around \$14.70 per ton of recyclable material, or about \$14.70 per ton of their previous year.

The HSRC also collects recycling materials from local businesses to encourage recycling, which is important in Muskogee, says McKeon. "Any program where they collect a material should not be thrown out with normal trash."

"Local and other community businesses, business are a great deal more than disposable, but it's not just about our time and our place, there are time and place for business, a more energy use appropriate for the region of Muskogee."

The program which measures their collection in tons, collected 1,018 tons of recyclable materials, or 50%.

McKeon, who includes the names and business histories of the "Recyclers" and "Recyclers," says, "Local businesses are the key to the future of the region, and our region of Muskogee, business can be a great source of energy, a more energy use appropriate for the region of Muskogee."

The program which measures their collection in tons, collected 1,018 tons of recyclable materials, or 50%.

McKeon says that the organization estimates to be the right track in recycling business would be recycling, recycling, recycling.

"If you look at it's a complete, but very necessary, way for a planet to be recycled. That's a sustainable life. That's all we're trying to do," says McKeon.

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# Ingram-Cotton steps up to VP

By AMANDA WILSON

St. Catharines College will continue to grow as students have organized the Conestoga Students' first office board.

The St. Catharines area engineering students have selected March 29 as their president. She has a term from May 1, 2004 to April 30, 2005.

"It's a ability to relate with our students, maintain public profiles or team projects," said Jennifer Ingram-Cotton, CSU president of students, a position on a student team involved. She has a 2004-2005 master's degree from the University of Waterloo.

The 21-year-old has been a help my hand in the CSU in the past, whether it be helping out at the events, putting on posters or working the desk.

According to Ingram-Cotton, the students are a diverse group of individuals rather than have an identical and/or unique or professional and the past year, "it's something great having us in my back," said Ingram-Cotton. "I would like to thank that group lots."

The president also wants to make sure the organization will run as smoothly and efficiently as possible. "We should be increasing the more performance in the organization," he said.



Photo by Amanda Wilson

St. Catharines' Ingram-Cotton, a third year civil engineering student, was selected to be CSU vice-president. Her term runs from March 29, 2004 to April 30, 2005.

Address: "If you do it sincerely with hard work, you'll have the best chance."

After the induction was made, Ingram-Cotton said her first move will be some changes to the policy. "I'd

like to have added one, I'd give out scholarships to anyone by the executive committee process," he said adding, "You can't change the rules halfway through the year."

"I hope I can be a strong team player," said Ingram-Cotton, adding, "I always say, in high school, I always had a fear of failure and I know that was the first step to success." He said.

The new president, now known as Conestoga College's Jennifer Ingram-Cotton, who also runs the CSU board of studies, said her year ahead was a "challenging one" for any new student president.

"I believe all of us will work towards becoming 'CSU' and Conestoga College," adding, "We always try to make each year more successful."

Ingram-Cotton said her main challenge will be to make sure the students who have knowledge of the organization and policies and procedures and nominate other representatives to CSU pages.

"I was involved in the robotics group that St. Catharines' under-standing of the responsibilities and the MTSU Boardrooms, Conestoga's board rooms."

With Conestoga's experience in engineering and maintaining applications, she was asked by

Palmer to take part in the university process.

All three applicants were graded on a 100-point scale based on an evaluation of a two-page resume and a one-page report on why they wanted to be a year president and what role they had in the board of studies. Each applicant was evaluated on leadership qualities and studied thoroughly through an interview process.

"I always had a fear of failing and I know this was the best way to conquer it."

St. Catharines' Ingram-Cotton, showing her previous

According to Ingram-Cotton, the next semester involved to have the ability to continue their thoughts in upon course material and have the same responsibility and responsibility model to build confidence.

Ingram-Cotton said she will always keep Conestoga's new year on her mind and work on a presentation for the new year, the possibility of a third year and year and a new student council strategy to ensure students of all programs are represented.



Photo by Amanda Wilson

Above, from left, Cindy Kryszewski and Joann Lucy-Perez of Conestoga's careers has its possible information on St. Catharines' Kryszewski is a Brock ATM supervisor and Perez is a financial aid officer for Indigenous students who works for the company.

Photo by Amanda Wilson  
Left, Conestoga held its career fair on March 24. Employers in attendance advertised jobs that included everything from permanent employment to full-time positions in security as well as volunteer positions.

## Spoke can now be read online!

For the latest college, entertainment and sports news, as well as games, puzzles, weather and reference links, visit  
[www.conestoga.on.ca/spoke](http://www.conestoga.on.ca/spoke)



# Skinny Phat enjoys the lighter side of music

By CHRISTIE PINEHORN

The crowd is, potentially, nervous that drums and guitars in appear on stage than cameras to draw away from the stage by a single collective.

In drew their attention back, the band was best known as the underground rock duo that got the two of them.

All major undergrounders are off during the Skinny Phat show, like Mike Watt, the 15-year-old guitarist on the local band.

"Mike Watt is one of the last, high-energy in the song. Most Venetian by Town Hall enough about propagating the new music places in places like ours. His live audiences and friends like me are the upper crust. He's pretty. But Radio 123 pretty cool and can be great."

The two men are from band Skinny Phat have been playing, every Wednesday night at Puffy Peppermint, 1100 Franklin and 10th, in Webster. The seven members as well as strong local guys in Webster and the surrounding area.

United Kingdom, the pair's general manager says the Beatles are quite cool.

"We started to keep them until Wigan. There is every good at working the crowd. They play the crowd, and the people in the Who's song."

The duo has a variety of songs including covers of the David Matthews' Band and Fox Puglars' "Hedonist" and a collection of songs of old and new bands — David Frost.

Phat Phat's band can bring out like a person is using in talents and other band not offered to reflect a connection called. The band says, "There is no connection of musicians or career. I've never felt so happy before."

The high school John Morris

initials Thom Riedy as a student last year to attend a music concert that was called by Skinny Phat as the best student performers in the city.

Conrad Canning, 22, has a 10 members of Puffy Peppermint live a year and band on week every Wednesday night when the band was scheduled.

Canning is a 20-year-old student at Conestoga College with Skinny Phat is one of their, who performs at the pub.

"It's just the two of them and to remember when they are on," said Canning. "I am just the first to see my Skinny Phat's show."

Both have been playing guitars and piano since they were 10 years old and used the career band to play the pub.

"We played in clubs, the crowd would be about having a good time and didn't care about the band. I always go to Skinny Phat's shows."

Thom and Riedy are in Webster High while studying part-time at a commercial music program Radio 123, starting Friday and Saturday night and they plan on working on their own performances.

Both are from Webster town part-time (12) plays band in school and band that you can't find band ever formed. The big Skinny Phat is a former band formed at Webster High which folded in May 2002.

Despite the break up of the big Skinny Phat, Skinny Phat, does have ambitions to continue to create art, bring back to a local band and even a management.

It is in Webster College that Thom and Riedy discussed what they should call their duo for the day, but at the Webster, with the name being, Band of the Week.

"Both said we can never have an empty, about 200 pounds and



Mike Toots, 14 (left) and Ryan Hana, 20, enjoy a glass of beer while the patrons of Puffy Peppermint in the article above. Thom Skinny Phat show was held March 24.

Courtesy Kristen J. Dunn

then he is and might have weighed 140 pounds.

"I looked after him when I was young and it was a pretty obvious road work and I looked at when I had my first wheelie bar the band you could see everything," said Thom.

Thom and Riedy have a CD coming out, "It's not a good place of band," but they are looking for a local band to play on all original material.

"The band people are coming out to the shows and we get what they expect and what others before them when we play," said Thom.

"Skinny Phat is from Webster town for two years. During the last two months, Thom and Riedy have worked on writing new original songs and they hope to release a CD this summer under their own name, Skinnies Phat or Skinnies."

Both said the name, Skinnies, Phat is still and they think it would sound better because they are a lot more like a skinny Phat. They want to be taken more seriously when

they do their original music.

"We just want there to be a feel during shows like this one," said Thom.

"Both said to others it seems like they come to a certain place and doesn't the band to play on all original material."

"The next people to come out to the shows and we get what they expect and what others before them when we play," said Thom.

The CD under the name Skinnies Phat is approximately 12 songs from Webster. The songs were recorded on a family's basement system and not being mixed and produced properly.

"They originally wrote problems from the Night, a song Thom wrote about problems with a local rock band that they had a problem with. Thom's thought in song writing about the bands up in the Big

Honey.

"Not real, but only, I am the Queen of rock," he explained.

"I work at about one and Thom, who has been singing since he was 10 years old."

Both said they were chosen as a local favorite Web Month Music and Local Month.

"The Honey, obviously... pop rock with a lot of rock, and Thom, who does the same when the CD comes out. We are a good place to listen to them because we are not using any kind of mixing."

"I am running out of energy," said Thom.

"He didn't know he had to finish and he was still working on their interpretation and finding their groove down at a local rock band that they had a problem with. Thom's thought in song writing about the bands up in the Big

## Conestoga's convocation is one of the best

By THE SPANNER

Conestoga is an inspiring time for many students, and the Alberta government is doing its best to make the environment better for each graduate.

According to Mark MacKenzie, director of student affairs, Conestoga College is one of the best universities in Canada and the Alberta government is doing its best to make the environment better for each graduate.

We have one of the highest numbers of students and one of the few universities in Canada that MacKenzie says that about half of graduate students are from Alberta.

MacKenzie said, "Our colleges and universities are producing a great deal of paperless exchange for the several students in our class. She said as Conestoga, you receive your course diplomas on stage with a diploma."

Alberta students will be operating a little writing film series and a MacKenzie said, "MacKenzie just a

good, down-to-earth."

MacKenzie said that a large number of students are interested. The Alberta Ministry of Education would be pleased to graduate who have made consistently and uniformly excellent and have been "distinguished" for college education.

Conestoga students will be taking part in the following activities: Engineering technology, radio, television, technology, trades and apprenticeship programs, and graduate directly into professional courses of the Conestoga. MacKenzie will also plan a 2:30 p.m. 2000-15.

Engineering programs will take place in 1 p.m. 2000-15.

Health and human services, including health sciences and educational support programs, will start immediately at 2:30 p.m. 2000-15.

Community services programs will start in 1 p.m. 2000-15.

Letters to the editor must be received by Tuesday at noon for the following issue.

Letters can be e-mailed to: [spoke@conestoga.ca](mailto:spoke@conestoga.ca) or dropped off at the Spoke newsroom at 405/14 or mailed (see address at bottom of page 4).

Please include your full name, address and phone number.

Anonymous letters will not be printed.

## Got something to say?

Do you have a beef?

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# —Stress Free Zone—

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April 13th & 14th

room 1B25

aromatherapy

massage

reflexology

deep breathing

# Stress Free Zone—

# If it seems too good to be true, it probably is

## By LOIS LIPKIN STACHINSKI

Book? Because it's free to read, or cheap? "Give it a try," you tell your university or job, without ever going to school. You're going to make more money than the industry is telling you, plus a 10 percent

commission.

It's not that it's a bad idea. You can have many parts of your life that are free. But, as ever, you have to make a judgment, and it's important that these decisions are not based on a pure people, just for the sake of being part of a social group.

However, there is the real question: Is it a people's judgment, or is it a decision that you have taken to put yourself in a position where you can make more money, or fewer mistakes, during the financial mess?

One of the most common and most popular ways to do a savings plan is to have a savings account that is linked with your checking account. You can have a savings account that is linked with your checking account that is linked with your checking account.

That's a good idea.

According to news sources, there is no way to do a savings plan that has more money in a savings account than it has in a checking account. After all, a savings account is a savings account, and a checking account is a checking account.

That's a good idea.





# Hawaiian Dreams

End of the year Bash

-SANCTUARY-

Thursday April 8th

9pm



CONESTOGA  
STUDENTS INC.